

600,000,000 pounds (170,837, -  
dairy cattle and valves 35,196

Estimates of exports of Canadian products for 1945 to all countries are available. The reason why this country is doing such tremendous work in the total war effort of the United Nations. Here are a few of the figures available. In 1938 figures in brackets for comparison: eggs, over 40 million (1,842,538); cheese, about 100,000,000 (61,000,000); butter, 100,000,000 (170,871); milk, 1,000,000,000 (1,070,871); dairy cattle and calves 35,195 (25,000).







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*Fifty pounds of SHUR-GAIN HOG CONCENTRATE have 350 to 450 lbs. grain - an extra profit of around \$4.00 per hog.*


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<input type="checkbox"/> National Home Monthly 1 yr.	<input type="checkbox"/> Canada Poultryman 1 yr.
<input type="checkbox"/> Family Herald & Weekly Star 1 yr.	<input type="checkbox"/> Canadian Silver Fox & Fur 1 yr.
<input type="checkbox"/> New World (Illustrated) 1 yr.	<input type="checkbox"/> American Fruit Grower 1 yr.

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1 Magazine Digest	6 mos.	1 National Home	1 yr.	1 Family Herald & Weekly Star	1 yr.
1 Photography—Movie	1 yr.	1 New World (Illustrated)	1 yr.	1 P. Rex Press	1 yr.
1 Christian Herald	6 mos.	1 Western Producer	1 yr.	1 The Country Guide	2 yrs.
1 American Girl	1 yr.	1 Canada Poultryman	1 yr.	1 The Silver Fox & Fur	1 yr.
1 Sports Afield	1 yr.	1 American Fur	1 yr.		
1 Parent's Magazine	6 mos.				
1 Open Road for Boys, 1 yr.					
1 Flower Grower	1 yr.				

Check magazines desired and enclose with coupon

Gentlemen: I enclose \$....., I have marked the

**Offers Fully Guaranteed**

Born on January 7 to Sgt. and Mrs. L. Woods a son, Darcy Laurence, (Little Twigs.)

Miss Barbara Day returns to Calgary on Wednesday, Jan 19, to resume her schooling after being home for sometime looking after her mother who has been quite ill.

It begins to look as if we will not have irrigation this year with a little over 20,000 acres signed up of the \$5,000 required. It is going to be too bad for the whole district if the new irrigation deal falls through.

Word has been received that a former resident of Gleichen, in the early 1920's Mrs. F. C. Cornish, wife of the Ven. Archdeacon Cornish, passed away in her 82nd year at the Pentiction B. C. last September. Archdeacon and Mrs. Cornish moved from Victoria to Pentiction in 1941 on account of the latter's health and for a while appeared to improve with the change but not for long. They were married 67 years. The Archdeacon is now retired at Pentiction.

Last week we published the by-law covering curfew and now there is no excuse for anyone not understanding it.

## CARROTS AND CANCER

Carrots contain the salts of calcium, sodium, potassium, and magnesium. These salts are in such combination as to be easily assimilated by the blood. Indeed it is said that a few minutes after taking carrot juice the salts find their way into the stream. These salts are vitally necessary to the body. They also increase the alkaline balance of the blood.

Carrots are probably the best source of vitamins, and contain Vitamin A as well as B, C, D, G, and E. Other valuable constituents are a insulin-like substance and a hormone-like ferment called toknin.

These various substances combine under acidic conditions, bring all bodily functions back to normal, and have a very definite antiseptic action on the intestines, tending to prevent putrefaction within the body.

The excellence of carrot juice as a source of vitamin A no doubt explains much of its health value. Vitamin A is a fat-soluble, non-toxic, selective vitamin, and it has as its specific function the restoring and correcting of all infections of the epithelial surfaces, which include the skin covering, the mucous membranes and all the glands. Vitamin A is considered one of the skin elements, and is basic to the protection against infections. A writer says: "To be healthy we must eat foods rich in Vitamin A, and of these the best is the carrot. Vitamin A is the most potent of all vitamins in restoring infections. Children who get enough of it are healthy, and do not get colds and the like, and they grow according to schedule. Other persons who have their daily ration of carrot juice escape pneumonia."

The chemical substance out of which vitamin A is made is called carotin, as a tribute to the humble carrot. There is no doubt that vitamin A has far-reaching functions at all ages and conditions, helping to protect the body from many diseases chiefly through promoting a vigorously healthy condition of the body.

Earlier in this article the function of vitamin A in protecting the so-called epithelial tissues was noted. Carcinoma, which the scientists named the "true cancer" always shows its appearance in these epithelial tissues. It can only make its appearance when we have learned, when the tissue is defective. In sufficient vitamin A, to properly maintain the epithelial tissues would tend to lay the foundation for cancer. And because carcinoma is an affection of these tissues, restores, it is logical to believe that vitamin A is of importance in cancer therapy. It would appear that in the treatment of cancer steps should be taken to correct acidosis of the blood and tissue, and to promote high alkalinity. Carrot juice is a highly effective agent for this purpose.

Because of the large amounts of indigestible fibrous material present it is impossible to eat enough of the raw vegetable. The juice must therefore be extracted by grating.

When grating carrots first wash them, but do not peel or scrape. Place grated carrots in a strong cheese cloth and wring out. You will be surprised at the large amount of fresh delicious juice you will obtain in this manner. Approximately four pounds of carrots make a quart of juice. Carrots must be used raw, as cooking destroys the active properties. For astounding health drink from a pint to a quart a day between meals.

Thanks!

**A New Year commences**  
and to our customers  
throughout Canada give  
our sincere thanks and  
appreciation for the co-  
operation shown during  
1943.

Inevitable changes have gradually been made in our Mail Order Catalogue. As our country's war effort has been redoubled, many items which were once staple lines are no longer available—more confining restrictions have been placed on goods available for civilian consumption—delivery dates in some cases have been unavoidably held up.

It is your understanding of these conditions which has done much to lighten the difficult job of serving Canadian Farm homes in wartime.

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G. A. Varnell R.C.A.F.  
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Edge. Little, R.C.A.F.  
J. W. Evans, R.C.A.F.  
S. H. Hampton, R.C.A.F.  
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Pascoe, R.C.A.S.G.  
G. Bogtveit, R.C.A.S.G.  
N. Gregory, R.C.M.G.  
T. C. Boob, R.C.A.  
L. Woods, R.C.A.  
W. Rilla, R.C.A.  
R. Birch, R.C.A.  
John Bell, Calgary Highland  
I. Guthrie, killed in action.  
I. Guthrie, Calgary Highland  
I. Guthrie, Seaforth Highland  
J. Desjardins, R.C.A.  
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Cpl. J. J. Sall, R C A  
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Ac. L. O. Nelson, R C A  
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Avn. L. H. Kahl, R C A